

BETTER BANKSIDE PRESENTS

BETTER YOU²⁰²³

Join us this January and February for a series of **FREE events** focusing on Mental, Physical and Financial Wellbeing, and Environmental Wellness.



**MENTAL
WELLBEING**



**PHYSICAL
WELLBEING**



**FINANCIAL
WELLBEING**



**ENVIRONMENTAL
WELLNESS**

- Mental health awareness training
- Wellbeing webinars
- Inclusive yoga and desk yoga
- Deaf awareness training
- Gardening
- Financial wellbeing and budgeting
- LinkedIn training
- Spin classes
- Stretching classes
- Bankside bootcamp
- Thames foreshore clean up

BOOK NOW AT

betterbankside.co.uk/events



**BETTER
BANKSIDE**